

What's Inside for March

"Let's Go to the Hop" SINGO! with Jim the DJ Guy

Monday, March 4th, 12:00 noon "SINGO" the musical bingo has become a big hit! This month's edition will feature the music of vour "malt shop memories"! Come early for lunch and stay for SINGO. It is FREE to play and FUN to win!



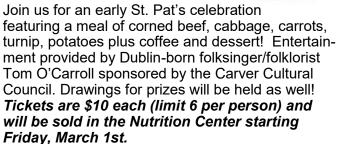
"Buried in Treasures" Self-Help Group

sponsored by Old Colony Elder Services Tuesdays, March 5th - June 18th, from 10:30 am-12:00 pm

"Buried in Treasures" is a no cost, judgement free, educational self-help group for people with hoarding issues. Attendees will receive a complimentary workbook. For more information and to be screened and registered please contact Deana Andrade, OCES, 508-584-1561 x-232.

St. Patrick's Luncheon

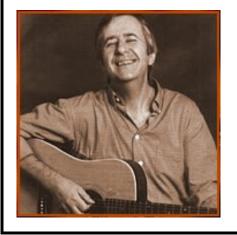
Tuesday, March 12th at 11:45 am



FREE Manicures Courtesy of the Cosmetology



Students of Old Colony Regional Technical Vocational High School. Friday, March 8th, 10:00 am -12:00 pm. Please call Connie at 508-866-4698 x3 to make an appointment.



St. Patrick's Luncheon Performer - Tom O'Carroll

Dublin born folklorist, folk-singer and instrumentalist Tom O'Carroll brings a wealth of stories, humor, wit and history to his performances. He has played at concerts, festivals, colleges, libraries and pubs all over the U.S. and Canada, as well as his native Ireland. Whether playing a plaintive air on the tin whistle or singing and playing rousing traditional songs to the accompaniment of the guitar or the bodhrán (Irish drum), Tom will captivate all with his lively program of Irish culture.

This program is supported in part by a grant from the Carver Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Carole Julius COA Director Monday—Thursday 9:00 am—12:00 pm 508-866-4698 cjulius@sailsinc.org

Council on Aging Hours

Monday—Thursday 9:00 am—3:00 pm Friday 9:00 am—Noon 48 Lakeview St., Carver, MA 02330

Ron Clarke Friends of the Carver Council on Aging Vice President



NOTE: Buses available for "Around Town" Errands on Mondays 9AM—2PM

PLEASE REMEMBER Call our *Dispatcher* between the hours of 9:00 AM and 12:00 PM the day before to schedule a seat on the bus.

MEDICAL APPOINTMENTS **TUESDAYS & THURSDAYS**

SUPERMARKET RUNS WEDNESDAYS

Walmart (1st & 3rd)Plymouth, Morning Shaw's (2nd & 4th)Carver, Morning Market Basket (every)Plymouth, Afternoon

FRIDAYS

Shaw'sCarver, Morning

GATRA Bus FAQs

GATRA operates out of the COA and provides transportation to senior and disabled residents.

What towns does GATRA provide rides to? Transportation is provided to the towns adjacent to Carver. Take a GATRA bus to the COA!

What is the fee for riding the GATRA bus? Feb. 4th The fee is *\$1.75 each way. A book of 10 passes can be purchased for \$15. A book of passes makes a great gift for any senior in your life that needs transportation!

How do I schedule a ride? Call 508-866-4698 x-1 Please allow at least 24 hours notice to schedule a ride.

IMPORTANT:

Please call in advance to CANCEL a reservation! Messages can be left after hours.

Please have the address to the location to which you need transportation.

Please consider other passengers and limit the number of shopping bags on shopping trips.

> Please DO NOT call drivers directly. Thank you your cooperation!

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and: when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

Loan Closet

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

GATRA MINI-BUS

Roger H. Killelea **Peggy Wood** Dispatchers

9:00 A.M.—12:00 P.M. Monday through Friday 866-4698 x 1

OUTREACH SERVICE

Judy Murphy Outreach Worker 9:00 A.M.—2:00 P.M. Monday, Tuesday & Friday 866-4698 x 2

COA Board of Directors

Colleen Preston -Chair Alan Germaine Mary Callahan Donna Marie Forand -Vice Chair Helen Marrone -Secretary Betty Sullivan



Copies!

The COA will make FREE copies for seniors. Ask a staff member during our regular hours to use this service.

Veteran's Services

Joseph Hickey, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406. If you are a veteran and are experiencing problems, call Joseph today!

Legal Advice

New Fare

effective

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Appointments are available for the second Thursday of each month, starting at 10:00 am. Call the COA office at 508-866-4698 x 3 to make your appointment a week in advance.

Atwood House Rental

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the Council on Aging. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at 508-866-4698 x 4 for more information or to book a party.

Friends of the Carver Council on Aging

TIMETO New members are always welcome! Annual membership fee is \$5. Anyone interested in renewing their membership please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

Senator Pacheco Office Hours at Carver Town Hall 3rd Monday of every month 1-2 pm. Drop in or call 508-822-3000 or 617-722-1551 to schedule an appointment.

Visiting Nurse—Julie Tooher, RN from the Visiting Nurse Association of Cape Cod, is here every Tuesday from 10am -12 noon offering FREE blood pressure screenings and 1-on-1 consultations. This service is sponsored by the Carver Board of Health. Walk-ins are always welcome!

Glucose and cholesterol screenings will now be offered on the first Tuesday of each month.

Hair Cuts by Donna

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call 508-866-4698 x3 to make an appointment.

ACTIVITIES Connie Kelly

Activities Coordinator 9:00 A.M.—3:00 P.M. Tues., Wed. & Thurs. ckelly@sailsinc.org 866-4698 x 3

NUTRITION CENTER Dawn Padovani

8:00 A.M-3:00 P.M. Mon.—Thurs. 8:00 A.M.- 12:00PM, Fri Lunch weekdays at 11:45 866-4698 x 4

Foot Care Clinic- April 4th

20-30 min. foot care appointments consist of nail cutting, filing, treatment of ingrown nails, smoothing of calluses and corns, as well as a foot massage. The cost is \$29. Call 508-866-4698 x3 for an appointment.

Yoga

Due to a missed class in February, the next session of yoga will start on April 5th. The cost of the 8 week series is \$40. Classes are held Fridays at the Carver Public Library. For more Information or to sign up call the COA at 508-866-4698 x3.

Chair Yoga Mondays at 10:00 am Chair Yoga is held at the COA on Mondays at 10:00 am for \$5/class. Call 508-866-4698 x3 to register.

Cribbage, Tuesdays at 12:00pm Join together with some passionate cribbage players for a few fun rounds of the game.

Rummikub, Wednesdays at 12:00 Experienced players and beginners are welcome. Drop-in every week.

Bingo every Thursday,12:30pm. \$5 for a standard pack of games, \$1 for coverall, \$1 for 50/50 coverall. <u>Exact change is appreciated.</u>

SINGO with Jim the DJ Guy The First Monday of Every Month at 12:00 noon!

Basket Weaving with Patty Batson Tuesdays, March 5th & 19th, 9:30 am. \$25 for the 2 week project. Call 508-866-4698 x3 to register.

Adult Coloring Celtic Knots

Wednesday. March 6th at 9:30 am

Relax while coloring these ancient Celtic designs. Drop in.



NEW!

Coming in April!
Watercolor Classes with
Cindi Walsh
4 weeks

Tuesdays 1:00 – 3:00 pm April 9th, 16th, 23rd & 30th Cost: \$10 per class

Call Connie at 508-866-4698 x3 to register for these classes and receive the list of supplies needed to be purchased before the first class.

Buried in Treasures Group

Tuesdays for 15 weeks beginning March 5th, 10:30 am-12:00 pm For more information and to be screened and registered please contact Deana Andrade, OCES, 508-584-1561 x-232.

AARP

Tax-Aide™

Appointments for FREE tax prep services will be continuing on Mondays from 9:00 –12:00 noon. through April 8th.

Call Connie at 508-866-4698 x3 for an appointment.

FREE Manicures

Courtesy of the Old Colony Regional Vo-Tech High School Cosmetology Students Friday, March 8th

from 10 am -12 pm

Let the talented and skilled students provide you with a special treat for your hands: filing, shaping, nail polish, plus a hand massage! The service is free but gratuities are appreciated. Call Connie at 508-866-4698 x3 for an appointment.

Genealogy Club "Field Trip" to the Carver Public Library

Wednesday, March 20th, *10:00
Last month's meeting at the Carver
Public Library was cancelled due to
bad weather. We will meet this month
on the third Wednesday at the library
to learn how to access the online
Ancestry search tools and other helpful genealogy tips.

Game Day-Ticket to Ride
Wednesday, March 20th at 12:00
noon. Please call Connie at 508-8664698 x3 if you plan to play.

Special recognition and thanks to
Teresa Mitchell for her generous donation to buy games for the COA in
memory of her mother, Mary Pelaggi.
The new games include: Ticket to Ride,
Apples to Apples, Clue, Left, Center,
Right, Phase 10, Scrabble Slam and
more! Come play in the game center in
the back of the Nutrition Center!

Beaded Spiral Garden Craft Wednesday, March 27th at 9:30

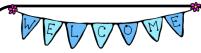
Design a reflective decoration to hang in your garden. Please register with Connie at 508-866-4698 x3.

Cogniciti Info Session

Tuesday, March 26th at noon

Come learn how you can get a free brain health assessment

by using a simple computer program developed by Cogniciti, a leader in brain health sciences. Please call Connie at 508 -866-4698 x3 if you plan to attend



Starting in April, the first Wednesday of each month will be "Welcome Wednesday".

On these days anyone new to the COA can come in for a personal tour and get answers about activities and services .

Call ahead to Connie at 508-866-4698 x3.

SHANE GIVES THANKS FOOD PANTRY HOURS 128 Main Street, 508-866-7673

Tues,/Thurs/Fri. 9am-1:30 pm Mon./Wed./Sat. closed Sun. 9am-11 am Home Delivery Available to homebound residents.

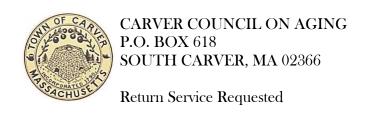
MEALS ON WHEELS

The COA provides
Meals on Wheels
Monday thru Friday for
homebound elders
Call the Nutrition Center at
508-866-4698 x 4
Daily Cost: \$3.00

SHINE Program

Health Insurance Counseling
Contact: Maureen Drilling
Carver Council on Aging
Lakeview & Tremont Streets.
508-866-4698 x 4

Most Tuesdays but please call for an Appointment



Std Lts U.S. Postage PD #37 Carver, MA 02330

MARCH 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	Yoga @ CPL 1	2
3	Chair Yoga 10:00 4	Visiting Nurse 10:00-12:00 5 Glucose Cholesterol Screening Baskets 9:30 Buried in Treasures 10:30-12:00	Adult Coloring Celtic Knots 9:30	Footcare Appts. BINGO 12:30	Yoga @ CPL 8 FREE Manicures 10-12 Call for an appointment	9
10	Chair Yoga 10:00 11 Tax Aide Appointments 9-12	Visiting Nurse 10:00-12:00 12 St. Pat's Luncheon 11:45 am Buried in Treasures 10:30-12:00	NEWPORT 13 PLAYHOUSE TRIP 9:45 am-5:15 pm Rummikub 12:00	Atty. Hale Appts. BINGO 12:30	Yoga @ CPL 15	16
17	Chair Yoga 10:00 Tax Aide Appointments 9-12	Visiting Nurse 19 10:00-12:00 19 Baskets 9:30 Buried in Treasures 10:30-12:00	Genealogy 20 *10:00 am at the Carver Public Library* Ticket to Ride 12:00 noon	21 BINGO 12:30	Yoga @ CPL 22	23
31	25 Chair Yoga 10:00 Tax Aide Appointments 9-12	Visiting Nurse 26 10:00-12:00 26 Cogniciti Info Session 12:00	27 Beaded Garden Craft 9:30 Rummikub 12:00	28 BINGO 12:30	Yoga @ CPL 29	30